



Getting Started

Age Page Jan./Feb. 2014

Welcome to the *Getting Started* Age Page.

This newsletter will keep you up to date on the activities of the Getting Started Programme and provide information on interesting websites, new technology and news.

Getting Started is a programme for older people to help them gain confidence and basic skills in computers and the internet. Training is provided by volunteer tutors in small classes, with an emphasis on encouragement and support for older learners.



Struggling with Windows 8?

If you got a new computer recently it will probably have Windows 8 which looks very different to any previous version of Windows. There is no start button in the first version of Windows 8 but Microsoft has updated the software and the new version does have a start button. If you have Windows 8 you can update it to Windows 8.1 to get this start button by following the instructions here <http://windows.microsoft.com/en-ie/windows-8/update-from-windows-8-tutorial>

Once you have installed Windows 8.1 you now have the option to set your computer to go directly to the desktop when it starts. You can follow the instructions to do that here

www.pcworld.com/article/2043243/how-to-boot-to-desktop-mode-in-windows-8-1.html

Essential explanations and step-by-step guides to Windows 8
<http://digitalunite.com/guides/computer-basics/windows-8>

Smartphones

If you have taken the plunge and got a Smartphone (either an iPhone, Windows or Android Phone) here is some training materials you might be interested in
<http://digitalunite.com/guides/smartphones>

If you are using a Smartphone you will be learning about Apps and how to use them
Here are two articles about useful apps for older people
<http://appyie.com/5-of-the-best-apps-for-older-people/>
www.theguardian.com/society/joepublic/2011/sep/21/apps-for-older-people

Find out more about memory loss and brain health

Trinity College Dublin has made a series of videos about memory loss and brain health. The aim is to increase public awareness around these important issues while at the same time tackle the stigma and fear that can

accompany a diagnosis of Alzheimer's disease or dementia. Each film addresses a question relating to brain health or dementia that older people identified as important. While designed and scripted to be entertaining and engaging, each film is informed by and grounded in science and clinical evidence.

<http://freedemliving.com/>

Getting Knitting for Age Action!

To celebrate St. Patrick's Day, Age Action is asking people from around the country to knit shamrocks.

We are hoping to sell 20,000 knitted shamrocks priced at €2 each in select retail outlets throughout the country.

Age Action would be extremely grateful for your support and requests that knitted shamrocks be sent to:

30/31 Lower Camden Street, Dublin 2.

If you have any other queries please do not hesitate to contact the fundraising department at (01) 4756989 or email us at fundraising@ageaction.ie

For the knitting or crochet pattern see www.ageaction.ie/st-patricks-day-campaign-2014

Share your Childhood Memories

For several years Dr Gary Pennington, Professor Emeritus, University of British Columbia has been collecting stories from people around the world about their play experiences as children. His goal is to compile a broad database of information about children's play that will be useful to people in many fields. Plans are to make the results of the

study available in book form and on the internet. It is an ambitious effort to chronicle the play of youth over many generations and in different cultures.

Dr Gary Pennington is from Canada with Mulligan Irish ancestors on his late mother's side. He returns to Ireland each year to his home in Cootehill, Co Cavan. While he has thousands of stories from people around the world, as yet he has few from Ireland. To enhance his work he would like to have many stories of childhood from Ireland, particularly from older people.

He would like to invite people to participate in the project. In addition to contributing to the study he believes that there are significant personal benefits to people who participate. He encourages respondents to make a copy of their completed form as part of a family history record. He has also found that once people have written their stories that small gatherings to share experiences are very rewarding.

You can email him gazpen@gmail.com for further information on the study

Records of 49,000 Irish WWI soldiers in new digital archive

A new archive is available online that lists the 49,000 soldiers from the island of Ireland who died during the First World War or as a result of wounds sustained during battle.

The archive "Ireland's Memorial Records" has been developed in a cooperative venture involving Google, the In Flanders Fields Museum in Belgium and the Department of Foreign Affairs.

<http://imr.inflandersfields.be/search.html>

Have your Voice Heard

Are you interested in taking part in The Opinion Project (TOP)? We want to engage Age Action members as much as we can

and represent them in our advocacy, policy and research work. Through TOP, Age Action members can sign up to be consulted on our ongoing efforts to influence policy change. Also, we regularly receive requests from researchers looking for people to participate in their research projects. By signing up to TOP you will receive updates and information on engaging in a range of different research studies, from university student dissertations to large scale nationwide projects. Once in the TOP programme we will contact you on a regular basis (approximately every 6-8 weeks) and we will get in touch with you by your preferred method of communication e.g. by email, telephone or by post.

If you are already an existing Age Action member and wish to join TOP or if you would like to become a member please email Sarah at membership@ageaction.ie or call 01 - 4756989

Websites of Interest

The new weather warning colour coding explained
www.met.ie/nationalwarnings/warnings-explained.asp

Ennis Book Festival 7-9th March

www.ennisbookclubfestival.com

Interested in Irish Folklore?

Dublin's Leprechaun Museum has a show about Females of Irish Folklore running from February 27th - March 8th

www.leprechaunmuseum.ie/fabulous-females

Test your eyesight online

This free and easy to follow eye test will check your eyesight

www.visionexpress.ie/online-sight-check

Great Holiday Deals for the over 55's

www.goldenireland.ie

Learn about music

Yale University have posted this video by Professor Wright about classical music and learning about the basic elements of classical music, such as rhythm, melody, and form.

www.youtube.com/watch?v=5_yOVARO2Oc

Are you an Introvert?

Between one third to half the population are introverts, hear about how our society is designed for extroverts

www.youtube.com/watch?v=c0KYU2j0TM4

Learn how to Convert Cassette Tapes To CD's

www.youtube.com/watch?v=IygM9x9BTzc

Ping Pong – Never to Old for Gold

www.youtube.com/watch?v=vRd5wY_5zZo

Girl friends for 94 years

www.youtube.com/watch?v=URJubWfOPtI

Harvey and Eddie lifelong friends

www.youtube.com/watch?v=kGt0udeqyxg

Fun YouTube Video

Cute Pug dogs

www.youtube.com/watch?v=sVMhuiHm50I

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The December/January edition of Ageing Matters is now out and is online.

Contents include:

- The Government must ensure that the promised economic recovery brings justice and equality to people who have suffered most from austerity, Age Action chief executive Robin Webster demands in his editorial, page 2;
- Health Plans – vulnerable older people could be the big losers as a result of the HSE's Service Plan for 2014, page 3;
 - Thanks – photos from Age Action's volunteer appreciation evenings across Ireland, page 6;
- Out of Africa – reports from South Africa and Uganda on how older people's issues are being addressed in the developing world, pages 8 & 9;
- New assisted decision making legislation currently being debated in Leinster House could have major benefits for some older people and their families, pages 10 -13;

For these articles and more click on <http://bit.ly/KGjAgF>

Please consider forwarding this email to friends and contacts who are not subscribed to the electronic version of the magazine. They can subscribe on the Age Action website – the panel is on the right hand side.

Age Action's Facebook & Twitter

We have passed two social media milestones recently. We received our 2,000th like on Facebook and got our 3,000th follower on Twitter. Age Action's Facebook & Twitter are a great way to follow what's going on in the charity—so if you are on Facebook please find the Age Action page click "Like" and "Share" the page with your friends and ask them to "Like" us too. If you "Like" and "Share" our postings you can greatly help us to spread our message far and wide.

www.facebook.com/AgeActionIreland

<https://twitter.com/ageaction>

Thanks.



Attention Volunteer Tutors

If your students would like to receive this monthly email newsletter just ask them to email gettingstarted@ageaction.ie and we will include them in the mailing. Please could you also ask students to include their location in the email. Thanks

Contribute to this Newsletter

If you know of an interesting website or have information on technology that you would like to share, or if you would like to write a short story about your experience as a learner or tutor please contact Pauline Power at gettingstarted@ageaction.ie

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